



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

Herzer, Nils

Club: LSV LoK Arnstadt

Number: 8

Course: 2.70 km

Schülerlauf

Category:

männliche Schüler C

Total time: 12:05

Speed: 9.93 km/h

Running performance: 4:29 min/km

Rank in course/Total: 9 (of 24)

Rank in course/Men: 9 (of 19)

Best time in course: 10:07

Rank in category: 5(of 7)

Best time in the category: 11:41